

2022 Senior Advisory Board

Bunny Epperson, Chair
Priscilla Martinez, Vice-Chair
Barbara Cox Ralph Olcese
Linda Holman Joyce Satow

Thank You for your
kind donations

William Kaktis



Sunday Dances

1st Sunday of the Month November 6

Line Dance with Jeanette Feinberg
1:00-4:00 pm, \$7 per person
Lessons, refreshments, and dancing

2nd Sunday of the Month November 13

Social Line Dance Mixer with Allen Isidro
12:00-4:00 pm, \$10 per person
Celebrate Allen's 16th Anniversary of teaching with a luncheon showcase, lessons, refreshments, and dancing

3rd and Last Sunday of the Month November 20 & November 27

Come and dance the afternoon away with the Bob Gutierrez Band. Refreshments served by your hosts Raoul Epling and Akira Tsunoda.
1:00-3:30 pm, \$6 per person



November Lunchtime Entertainment

Mondays @ 10:45 am: Bob Gutierrez Band
Tuesdays @ 10:30 am: D.J. Music with Joe
Wednesdays @ 10:45 am: Bob Gutierrez Band
Thursdays @ 11:30 am: Accordion Music with Ron Borelli
Friday, November 4 @ 11:15 am: Music with Rick Laub



Holiday Card Making Monday, November 14, 2022 1:00 - 3:00 pm \$8 per person Limited to 12 people



Come make a wonderful Gingerbread Man or Snowman pop up card for the holidays. Rhoda will teach you the technique and provide all the supplies. Please sign up and pay at the front desk.



VA Palo Alto Health Care System Research

IMPROVING OLDER VETERAN'S ABILITY TO MANAGE LIFE STRESS



This study is looking for older Veterans to participate in and provide feedback on an intervention to relieve stress and increase hope.

For more information, call
(650)493-5000, ext. 67960

For participant's rights questions, contact 1-866-680-2906

New to the San Bruno Computer Club? November 2, 2022 2:00-3:00 pm

Join the Senior Computer Club for a FREE 20 minute lesson for your iPhone or iPad. Classes are available on a first come, first served basis and all members are eligible for one free 20 minute lesson. Please sign up in the computer room.

SENIOR CENTER NEWSLETTER



San Bruno Senior Center 1555 Crystal Springs Road 650.616.7150 www.sanbruno.ca.gov

Thanksgiving Party

Friday, November 18, 10:30 am - 1:00 pm

Give thanks for your Senior Center Friends and Family with the music and entertainment of the Full House Band! Enjoy a traditional thanksgiving lunch of turkey, mashed potatoes, and dessert sponsored by **Rebuild Together Peninsula**. Ticket prices are \$7.00 for anyone under 60 years old. Suggested donation is \$7.00 for all people over 60 with an intake form on file. Tickets go on sale Thursday, November 3 at 9:00am in the Senior Center lobby. **No Bingo, Zumba, or Ping Pong on November 18.**



Escape Artist Book Club

Wednesday, November 16, 2022 at 9:00 am

Come discuss the October book "The Last Thing He Told Me" by Laura Dave. "The Royal Secret" by Andrew Taylor will be discussed in December. You didn't need to attend the meeting in October to participate in the upcoming November discussion. All are welcome.

Discovering Egyptian Art

Monday, November 21, 1:30-3:00 pm

Free Art Appreciation Lecture & Video with Linda Dever
Continue to discover Egyptian art, particularly the impressive Ramses exhibit at the de Young Museum and explore more tombs in the Valley of the Kings. Join us for a film and lecture with Linda Dever. Masks are required.

Diabetes and Older Adults

Wednesday, November 30 at 10:30 am

Diabetes is a serious disease that affects many older adults. People can get diabetes when their blood glucose is too high. This class will cover the steps that you can take to manage the condition, along with ways to delay or prevent Type 2 diabetes.



The San Bruno Senior Center will be closed on the following dates:

Friday, November 11
Thursday, November 24
Friday, November 25

There will be no lunch program, transportation, or activities on these days.



You are Invited to

Participate in a Senior Services Survey!

The Senior Advisory Board is working with City Staff to develop a list of items to consider for potential future funding. Please fill out the survey **available at the front desk** and let us know what you think! Maybe a new coat of paint? New chairs? A new program or service? We look forward to hearing your opinions, interests, and ideas! **Deadline to submit is: November 11, 2022.**

Red Hawk Resort & Casino Wednesday, November 30, 2022 \$50 per person

Join the San Bruno Senior Center and visit Red Hawk Resort and Casino for a day of fun. The motorcoach will drive you from the Millbrae Library to the resort. The casino bonus package includes \$15 free slot play and \$5 food credit.

What The Fat?

(A Healthy Eating, Active Living Workshop) Thursday, November 17, 10:30 am

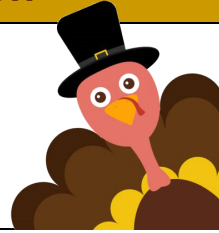



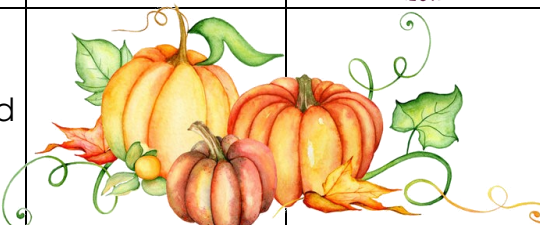
Join the YMCA and Linda Finnigan for another Healthy Eating, Active Living Workshop. In this interactive workshop, you will learn about the benefits of dietary fat, the different types of dietary fat, and the daily recommended intake (DRI) for fat. This class is sponsored by the Peninsula Health Care District.

Classes & Programs

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|------------------|---|
| Monday | 8:15 am Hike (Free) 9:00 am Mahjong (Free) 9:00 am Ceramics Workshop (\$3 supply fee) 9:00 am Bocce League 9:45 am Beginner Tap Class (\$5) 1:00 pm Tap Class (\$5) 1:00 pm Bingo (\$2 Buy-in) 1:00 pm Computer Club (All Welcome) 2:45 pm Intro to Yoga & Core Strength (Adult School) 4:00 pm Yoga (Adult School) |
| Tuesday | 9:30 am Zumba Gold (\$5 SB resident; \$6 non-resident) 10:00 am Spanish (Free) 10:30 am Sit & Workout (\$5) 11:30 am Bocce League 12:45 pm Beg. Line Dancing (\$4 SB resident; \$4.50 non-resident) 1:00 pm Ukulele (\$3 SB resident; \$3.50 non-resident) 1:00 pm Computer Club (All Welcome) |
| Wednesday | 8:15 am Hike (Free) 9:30 am Stained Glass Workshop (\$5 per month) 9:30 am Horseshoe League (\$5 or Free for Members) 9:30 am Escape Artist Book Club Discussion (All Welcome) 12:30 pm Beginner Western Review with Dolly (Free) 1:00 pm Bingo (\$2 Buy-in) 1:00 pm Computer Club (All Welcome) 1:00 pm American Line Dance Level 1 (\$4 SB resident; \$5 non-resident) 1:30 pm Current Events (Adult School) 2:00 pm American Line Dance Level 2 (\$4 SB resident; \$5 non-resident) |
| Thursday | 9:00 am Fun & Fitness Exercise with Karen (\$4 SB resident; \$5 non-resident) 9:30 am Softball at Lion's Field (\$10 per year or free for members) 10:00 am Creative Writing (Free) 10:15 am Yoga (Adult School) 12:30 pm Pedro (\$3.00) 12:30 pm Music & Motion (Free) 1:00 pm American Line Dancing (\$4 SB resident; \$5 non-resident) 1:00 pm Painting Workshop (\$1 Donation) 1:00 pm Computer Club (All Welcome) 1:30 pm Drop-in "Cornhole" (Bean Bag Game) (Free) |
| Friday | 8:15 am Hike (Free) 9:30 am Knitting (Drop-in Social Group) (Free) 9:45 am Zumba Gold (\$5 SB resident; \$6 non-resident) 1:00 pm Bingo (\$2 Buy-in) 1:00 pm Ping Pong (Free) 1:00 pm Bridge Drop-in (Free) 1:15 pm Chair Yoga/Qi Gong Class (No class 11/4) |

November Menu

San Bruno residents ages 60 and over can make reservations for their lunch a week in advance. Reservation slips can be obtained at the lunch desk each week. The reservation is due to staff at 12:00pm the Thursday prior to the start of the week. For more information, please see a staff person and they can help you make your first reservation. Anyone making a reservation must be prepared to show their San Bruno Identification.

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|---|
|  | 1 Sweet and Sour Chicken with Steamed Rice | 2 Shrimp Pasta with Alfredo Sauce | 3 Turkey Sandwich and Split Pea Soup | 4 Chicken Enchiladas and Black Beans |
| 7 Chicken and Pasta with Artichokes and Sundried tomatoes in Balsamic Cream Sauce | 8 Salisbury Steak with Mushroom Gravy and Mashed Potatoes | 9 Pesto Cheese Tortellini with Grilled Chicken Big Bingo | 10 Baked Eggs with Turkey and Spinach with Hash Brown Patty | 11  Closed for Veterans Day THANK YOU FOR YOUR SERVICE |
| 14 Chicken Marsala with Penne Pasta | 15 Korean Ground Beef Rice Bowl | 16 Salmon Florentine with Rice Pilaf | 17 Chicken Adobo with Steamed Rice | 18 Thanksgiving Party Roast Turkey With Gravy and Mashed Potatoes |
| 21 Spaghetti and Meatballs | 22 Krabby Cake with Tartar Sauce and Rice Pilaf | 23 Italian Sausage with Peppers & Onions and Penne Pasta | 24  Happy Thanksgiving We are closed today | 25  HAPPY THANKSGIVING WE ARE CLOSED TODAY |
| 28 Kahlua Pork with Coconut Rice | 29 Meatloaf and Mashed Potatoes | 30 BBQ Ribs with Baked Beans and Coleslaw |  | |

The suggested donation is \$3.00 per meal. The Program is funded in part by the Older Americans Act and is available for adults who are 60 years and older. San Bruno residents may reserve their meal a week in advance. There will be a limited number of lunches available for walk in seniors and there will be no lunch alternatives such as the salad bar. We may reach capacity on certain days, so early arrival is recommended. The menu is subject to change.